

Cruciferous Complete™

Contains Organically Grown, Minimally Processed Kale and Brussels Sprouts

Research demonstrates that cruciferous vegetables, such as kale and Brussels sprouts, contain important phytonutrients that help protect against free radicals, the highly unstable molecules that can damage cells and genetic material. Cruciferous vegetables are nutrient-dense foods packed with many essential vitamins, minerals, and antioxidants. Cruciferous vegetables also contain important health-promoting nutrients like carotenoids and other phytochemicals that stimulate enzymatic activity to support liver detoxification.†

How Cruciferous Complete Keeps You Healthy

Furnishes many nutrients to support health

Cruciferous Complete contains kale and Brussels sprouts, which contain a broad spectrum of micronutrients, including vitamins B₆, C, and K; dietary fiber; copper; calcium; and potassium. A class of plant pigments, called carotenoids, is also found in crucifers. These pigments, including beta carotene and lutein, serve important roles within the body. Beta carotene is a precursor to vitamin A, while lutein is found in abundance in the retina of the eye. Carotenoids and other phytochemicals also have antioxidant properties and can protect cells from damage of excess reactive oxygen species.†

Provides antioxidant support

The health-promoting phytochemicals in cruciferous vegetables protect cells against free-radical damage and have been shown in the laboratory to alter the metabolic pathways responsible for the metabolism of hormones in cultured cells and in mice.†

Induces liver detoxification enzymes

Cruciferous vegetables contain highly active phytochemicals called glucosinolates. In laboratory cell cultures and mice, products left from the breakdown of glucosinolates stimulate the phase I and phase II liver enzymes, two biochemical pathways in the liver involved in converting toxins into harmless substances that can easily be excreted from the body.†



Introduced in 1998



Content:
90 capsules

Suggested Use: One capsule per day, or as directed.

Supplement Facts:

Serving Size: 1 capsule
Servings per Container: 90

	Amount per Serving	%DV
Calories	3	
Vitamin K	4 mcg	4%
Potassium	10 mg	<1%
Kale	300 mg	
Brussels sprouts	300 mg	

Ingredients: See Supplement Facts.

Other Ingredients: Gelatin, water, calcium stearate, and colors.

Sold through health care professionals.

Please copy for your patients.

GF This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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Cruciferous Complete™

What Makes Cruciferous Complete Unique

Product Attributes

Ingredients are derived from whole food sources

- › Each capsule supplies 300 mg each of organically grown kale and Brussels sprouts

Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed-control standards, and continually monitoring the health of our plants

- › Assures the soil is laden with minerals and nutrients
- › Ensures plants are nutritionally complete and free from synthetic pesticides

Unique Processing

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- › Preserves nutritional integrity

Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- › The nutrients in Cruciferous Complete are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Cruciferous Complete™.

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